

GALLATIN CITY-COUNTY HEALTH DEPARTMENT

GROWTH & DEVELOPMENT



2-4 Months

WHAT TO EXPECT	HOW YOU CAN HELP
MOTOR	MOTOR
<ul style="list-style-type: none"> • Head is steady when held in sitting position • May roll over • Will start to raise chest with arm support while on stomach • Bears weight on legs when held in standing position • Turns head side to side to watch a moving object • Can hold a rattle briefly • Looks at hands • Can bring hands together • Body movements becoming more controlled, less reflexive 	<ul style="list-style-type: none"> • Hold baby in supported, sitting position. • Help baby roll from back to stomach and from stomach to back. • Encourage baby to raise head while on stomach. by placing toys in front of him. • Support baby in standing position on your lap. Baby will not hold entire weight or support self for long. • Move your face or object slowly back and forth past baby and watch her follow it. • Provide baby with cradle gym, mobile, rattles to hold & different textures to feel. • Place baby on blanket on floor for quiet play time.
LANGUAGE & BEHAVIOR	LANGUAGE & BEHAVIOR
<ul style="list-style-type: none"> • Cries less • Awake up to 45 minutes at a time • Squeals and laughs • Makes pleasure sounds "ooo" "ahh" • May imitate speech sounds • Stares at and calms to face or voice • Responds to faces and voices with vocalization & body movements 	<ul style="list-style-type: none"> • Provide quiet time each day for your baby to babble & explore his world. • Talk & sing to your baby • Tell him what you're doing "Lets change your diaper" • Imitate what your baby does or says • Smile at your baby and watch her smile back.
SLEEP	SLEEP
<ul style="list-style-type: none"> • Typically sleeps about 15 hours in a 24 hour period, approximately 9-10 hours at night & 3 naps during the day 	<ul style="list-style-type: none"> • Tend to baby quietly during the night to help baby separate day from night. • Don't prevent naps during the day hoping she may sleep better at night. An overtired baby may not sleep well. • Place on back to sleep • No pillows or soft bedding around baby
FEEDING & GROWTH	
Nutrition from breastmilk or formula only. Average weight gain of 1/2 lb per week.	
IMMUNIZATIONS	
At 4 months your baby needs to have 2 nd dose of Polio (IPV), Diphtheria, Tetanus & Pertusis (DtaP), Haemophilus (Hib) & Hepatitis B (Hep B)	

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SAFETY

- Use a correctly installed car safety seat every time baby rides in a car.
- Keep soft pillows, plastic bags and small objects away from your baby (an object is too small if it fits through a cardboard toilet paper roll).
- NEVER shake your baby.
- NEVER leave your baby unattended around pets, young children or water.
- Avoid exposing baby to the sun. Children under 6 mo's should not have sunscreen applied to their skin.
They should be protected from the sun with hats, clothing and by keeping them in the shade.
- Make sure both you & your child care provider are instructed in infant/child CPR.
- Keep your baby's environment free from tobacco smoke or other smoke.
- Hot water tank temperature should be set at 120° to avoid accidental burns.
- Babies like bath water at body temperature. Test the water temperature with your wrist.
- Protect from falls, keep crib sides up and your hand on your baby at all times while she is on a high surface.

Dates _____

Next Visit: _____

Notes: